3: Mackenzie M-5 (ca. 1925) 1925
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daily for supplies, provided it is again quickly covered up with both sand and flowing water. All this must be done at night lest the hiding-place be revealed to others, and the flesh stolen. 251

Bread is made of twice-ground maize with salt added. It is kneaded into loaves of about three inches thick, and placed in layers, interleaved with banana leaf, in a pot with maize in the bottom. This bread is often taken on a journey, and will keep for five or six days. Eggs are "scrambled," with milk and salt, in a broken pot, but this is a European introduction. No young girl will eat hard-boiled eggs; they produce a snake in the abdomen, which, of course, in turn produces barrenness. 252 [177] [842]

Very unpleasant to our minds are some of the delicious foods the Konde rejoice in: flying ants eaten alive as they are picked up where they fall from their brief honeymoon in the air; crawling white ants, a horrible mass of moving life; the Kungu fly, found on Lake Nyasa, whence it comes ashore in dense clouds, settles on bush and tree, and is shaken off into small baskets, to be taken home and baked into cakes while it is still fresh. In Bundali it is said that some still eat lion's flesh, and once upon a time the crocodile was eaten at Karonga. Sorcerers are accused of devouring human flesh. A new grave is sprinkled with a powerful medicine which makes the corpse come up without disturbing the soil, and the ghoulish feast is enjoyed without leaving a trace of the deed behind. 262 [754 366]